



# HOŪNA

holistic center

Hoūna holistic center is a unique & welcoming resting place in the heart of Hamra street. It was founded with the aim of spreading health & well-being through classes workshops & consultations. It is for people of all ages & interests promoting stress reduction therapies & relaxation techniques to achieve calm & fulfillment.

Hoūna focuses on personal development, body disciplines & natural remedies to bring the mind, body & soul into harmony.

Our core subjects are: Yoga, Homeopathy, Reiki, Nutrition, Time-line therapy & NLP.

Other professionals are invited regularly from abroad to give workshops & consultations to the public.



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## classes

### The Roots of Yoga

The word yoga in Sanskrit means “yoke” to join or unite all aspects of the individual body with mind & mind with soul to achieve happiness & and a balanced useful life.

The ultimate aim of Yoga is “Kaivalya” (ultimate freedom) & the experience of one’s innermost being or “Pursua” (soul). Becoming free of chains of negative cause & effect. And spiritually unite with the supreme!

Yoga is composed of asanas (postures) – pranayama (breathing) relaxation & concentration.

**Hatha** - Is a ‘soft’ yoga style to perfect the attunement of the physical body.

**Hatha in style of Sivananda School** - The asanas are set in their sequential order. Initial relaxation of 5 minutes is practiced followed by pranayamas, asana & final relaxation in the end. For all levels.

**Ashtanga** - Strength, stamina & sweat are hallmark aspects of Ashtanga Yoga. It combines co-ordination of breathing & movement (Vinyasa). The union of three points of attention; posture, breathing & gazing point creates a deep & dynamic meditation! An athletes choice!

### POWER YOGA

- Born out of the American interpretation of Ashtanga. It is fast with little or no pausing between yoga postures. It is an intense aerobic workout routine for gym lovers!

**Prenatal Yoga** - a 30 to 45 minute class in Hatha yoga.

**Quantum Workout** - Hoüna’s own Yoga variation class focuses on positive sensations along the spine. People with minor back problems.

**Kundalini** - Allows a non-stressful way of working to help promote flexibility, energy, & serenity. Uses chanting & pranayama exercises along with asanas to channel & release Kundalini energy at the base of the spine.



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workshops

Hoüna is proud to hold as many as 3 – 6 workshops a month. The home-base team holds training in Reiki, Homeopathy, NLP, Yoga, & Nutrition. And invited practitioners from all over the world are brought in to hold courses in additional subjects on health & healing.

**Reiki** - A Japanese hands on healing technique for stress reduction. It promotes healing & energy balancing. It is very simple yet powerful. And can be learned by everyone.

**Homeopathy** - Second most widely used medicine system in the world. It is natural, safe and effective for people of all ages including, pregnant mothers & and those on regular medication.

**NLP** - Neuro-Linguistic Programming. Is a technique used to reengineer the mind & the way we process & use communication. It is a powerful tool for success.

**Yoga thru NLP** - the trinity of mind, body & spirit are cleansed using a combination of yogic & NLP strategies to achieve balance, serenity & fulfillment.

**Food for Life**: is Hoüna's own nutrition counseling. It is a complete program tailored to your body using macrobiotics & other schools to help live a healthier life. We provide you with food planners, personal catering, and/or cooking classes.

Hoüna offers certificates in any & all the disciplines & supports study groups for serious students.



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consultations

Consultations are treatment sessions that are one-on-one with any of our experts in Reiki, Homeopathy, Nutrition, Massage, NLP & Time-line Therapy. The consultations last between 50 minutes to 1 1/2 to 2 hours depending on the case & kind of treatment required. Bookings are made at least 24 hours in advance.

Some periodical invitations involve:  
Pranic Healing & Reflexology

**Pranic Healing:** Is an ancient science & art of healing that utilizes prana or ki or life energy to heal the whole physical body. It also involves the manipulation of ki & bioplasmic matter of the patient's body. It has also been called medical qigong, psychic healing, therapeutic touch, magnetic healing & faith healing.

**Reflexology:** Foot massage to promote health. Reflex points on the feet are stimulated to give pain relief & healing.

Hoüna also holds additional consultations by invited healers such pranic healing, reflexology & other. Please contact us to find out more about invited guests periodically.